بسم الله الرحمن الرحيم

Nutrition Center for Training and Capacity Building (NCTCB)

&

The General Directorate of Primary Health Care

Khartoum State Ministry of Health

Public Health Nutrition Initiative (PHNI)

"Healthy Living"

Definition

Public health nutrition (PHN) or community nutrition encompasses individual and interpersonal-level interventions that create changes in knowledge, attitudes, behavior and health outcomes among individuals, families or small, targeted groups within a community setting. It also combines the study of diet with the effort to promote healthy eating and to give the community resources to learn about nutrients and access healthy meals.

Proven Strategies

Proven strategies are listed below that support healthy eating, physical activity, and breastfeeding in child care, health care, school, worksite, and community-wide settings.

- Child Care Centre
- Food Bank
- Social Program
- Youth Development
- Entrepreneurship
- Skills Development

The Centre has become responsive to many illnesses that emanated from the community as a result of malnutrition, the Centre has introduced a nutrition programme that sees to it that the vulnerable and poor are fed nutritional food daily with an aim to audit skills that the beneficiaries possess, and the centre through its skills development programme enrolls the beneficiaries and places them into income generating programmes

NCDs

Eating in a healthy diet can reduce the risk of obesity and illnesses such as diabetes, heart disease, stroke, osteoporosis and some types of cancer. SMPT has partnered with Social Development and Kagisano in ensuring that the community eat the correct diet by

providing them with a free lunch created and decorated in combining different types of foods.

This overview provides public health practitioners, their partners, community members, and policy makers with useful information on the rationale for – and characteristics of – state-based healthier food retail legislation enacted in the last decade. It includes action steps that public health practitioners can use to inform, educate, and support improved fruit and vegetable access through Heathier Food Retail initiatives.

Increase Physical Activity Access and Outreach

Providing and promoting places for people to be physically active may increase public use of these facilities as well as help boost peoples' physical activity levels. This can include creating and improving walking trails, building exercise facilities, and providing access to existing facilities.

Create or enhance access to places for physical activity with focus on walking combined with informational outreach.

Initiatives to provide access to places for physical activity may increase public use of these facilities and physical activity levels. Initiatives may include informational outreach such .as directed promotion to target audiences

Increase Access to Breastfeeding Friendly Environments

One of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed. Support for breastfeeding is needed in many different .arenas including hospitals and birth centers, worksites, and communities

Infant and Toddler Nutrition

Good nutrition during the first 2 years of life is vital for healthy growth and development. Starting good nutrition practices early can help children develop healthy dietary patterns. This website brings together existing information and practical strategies on feeding healthy foods and drinks to infants and toddlers, from birth to 24 months of age. Parents and caregivers can explore these pages to find nutrition information to help give their children a healthy start in life.

- Breastfeeding
- Infant Formula Feeding
- Feeding From a Bottle
- Foods & Drinks for 6 to 24 Month Olds
- Mealtime
- Vitamins & Minerals
- Helpful Resources

Infant and Toddler Nutrition | Nutrition | CDC

Surveillance Systems

A surveillance system is a series of surveys conducted again and again to monitor long-term trends in public health. It is used to examine public health issues across several years, to track the trends, compare health among groups of people, and determine whether something is improving or worsening for a specific group of people.

Schools: Promoting Healthy Behaviors

Schools are in a unique position to promote healthy behaviors. Most US children spend an average of 6 to 7 hours a day at school, which is a large part of their waking hours.1–3 This section highlights the importance of nutrition services, physical education and physical activity, out of school time, tobacco use prevention, and sleep education in schools using a comprehensive approach.

- Physical Education and Physical Activity
- School Nutrition
- Out of School Time
- Sleep and Health
- Social and Emotional Climate

Establishment of Community and Nutrition and Development Centre (CNDC) Project

Leave Comment

Project Status:	**On hold**
Project Number:	**2121**
Project Scope:	**To coordinate the establishment of a community nutritional development Centre (CNDC) in Lefaragatlhe and Kanana. The purpose of these centres is to address the issues of hunger and poverty within our communities. The establishment process is planned to start in January 2016 and the centres will be established by November 2016. The process for establishing these centres includes involvement of traditional leaderships, involvement of communities and identification of relevant NGOs who can run with the programme. Possible funders will also be pulled on board for suppirt and funding.** **In scope:** • **Meetings with traditional leadership** • **Involvement of community members** • **Identification of NGOs** • **Meetings with the Stakeholders** • **Identification of a site where the centre will be based** • **Involvement of Infrastructure department for renovating the structure** • **Renovation process** • **Furnishing and equipping the structures** • **Structure hand over**
Key Focus Area:	**Health and Social Development**
Focus Areas:	**Health and Social Development, Economic Development, Food Security**
Beneficiaries:	**Community, Bafokeng SMME's, Women, Youth**
Regions:	**Capital Region**
Villages:	**Lefaragatlha**
Institutions:	**Health & Social Development Services (HSDS)**
Progress Actual:	**80.9 %**
Progress Planned:	**100 %**
Baseline Start Date:	**Tuesday 1 March 2016**
Baseline End Date:	**Saturday 19 May 2018**
Actual Start Date:	**Tuesday 1 March 2016**
Actual End Date:	**Friday 4 December 2020**
Schedule Variance:	**-930 days** **-114.957 %**
Approved Total Budget:	**Hidden**
Total Expenditures:	**Hidden**

Estimated to Complete:	**Hidden**
Total at Completion:	**Hidden**
Budget Variance:	**Hidden** **45.848 %**
Risks:	**0**
Issues:	**Unresolved: 1** **Resolved: 3** **Total: 4**

Milestones

PROJECT MILESTONES

MILESTONE NAME	MILESTONE INDICATOR	RESPONSIBLE PERSON	BASELINE DATE	ACTUAL DATE
Meetings with traditional leadership	Minutes of the meetings. Attendance register.	Refilwe Rammitlwa	Wednesday 2 March 2016	Wednesday 2 March 2016
Meeting with the stakeholder	Minutes of the meeting.	Refilwe Rammitlwa	Monday 7 March 2016	Monday 7 March 2016
Community mibilisation	Attendance register	Refilwe Rammitlwa	Monday 14 March 2016	Monday 14 March 2016
Identification of NGOs	Name of NGOs identified.	Refilwe Rammitlwa	Tuesday 15 March 2016	Tuesday 15 March 2016
Sites identification	Site approval received.	Refilwe Rammitlwa	Thursday 14 April 2016	Thursday 14 April 2016
Furnishing and equiping the centres	Centers furnishing completed.	Refilwe Rammitlwa	Thursday 14 April 2016	Friday 30 September 2016
Renovations of Lefaragatlha CNDC	Project handover.	Refilwe Rammitlwa	Friday 9 March 2018	Friday 31 July 2020
Structure handover	Strusture completed and handed over.	Refilwe Rammitlwa	Saturday 10 March 2018	Friday 4 December 2020

Issues

Log in to view issues

Risks

Log in to view risks

Schedule

PROJECT SCHEDULE

SCHEDULE TITLE	SCHEDULE VALUE
Baseline Start Date	Tuesday 1 March 2016
Baseline End Date	Saturday 19 May 2018
Actual Start Date	Tuesday 1 March 2016
Actual End Date	Friday 4 December 2020
Programme Cancelled	

Milestones Calendar